

## CLAIMS

We Claim:

1. A massage tool comprising:
  - a body including a handle portion and a head portion;
  - 5 the body including an interior surface forming a socket in the body;
  - a plurality of spherical elements selectively supported in the socket;
  - wherein the spherical elements have a variety of respective physical characteristics that are selectively incorporated in the tool when a particular one of the spherical elements is supported in the socket.
- 10 2. The massage tool of claim 1, wherein the spherical elements comprise a variety of stones.
3. The massage tool of claim 1, wherein the spherical elements comprise glass.
4. The massage tool of claim 1, wherein the spherical elements comprise a variety of precious or semi precious stones.
- 15 5. The massage tool of claim 1, wherein the spherical elements comprise a variety of sizes.

6. A massage tool comprising:

a body with a handle portion and a head portion;

an interior surface forming a socket in the body, the socket having a back side and a front side, the front side extending in a direction opposite to the back side;

5 a first portion of the interior surface forming a first opening through the front side;

a second portion of the interior surface forming a second opening through the back side; and

at least one spherical element selectively supported in the socket;

10 wherein the second opening is smaller than the first opening and the spherical element is exposed through each of the first and second openings such that the spherical element is engageable on a subject body through the first opening and the spherical element is engageable by a digit of a user through the second opening.

7. The massage tool of claim 6, further comprising a snap ring supported in the first  
15 portion, the snap ring retaining the spherical element in the socket.

8. A massage tool comprising:

a handle;

a head supported on the handle;

a socket comprising an interior surface in the head; and

5 a retaining mechanism comprising:

an annular or penannular groove in the interior surface; and

an annular or penannular resilient snap ring supported in the groove in  
a relaxed state.

9. The massage tool of claim 8, wherein:

10 the head comprises a back side and a front side;

the interior surface comprises a portion that forms a first opening that opens  
outwardly through the front side in a direction opposite to the back side; and

the massage tool further comprising a friction reducing pad connected to the  
backside on the interior surface.

15 10. The massage tool of claim 9, wherein the friction reducing pad comprises an o-  
ring.

11. The massage tool of claim 9, wherein the friction reducing pad comprises a  
sleeve.

12. The massage tool of claim 9, wherein the backside has a wall forming a second  
20 opening extending from the interior surface to an exterior surface of the head.

13. The massage tool of claim 12, wherein:

the second opening is smaller than the first opening; and

the second opening is sized and configured to permit insertion of a human finger.

5 14. The massage tool of claim 12, further comprising a push button slidably supported in the second opening and spanning the second opening between the interior surface and the exterior surface.

15. A method of delivering a massage, comprising:

selecting one spherical element of a plurality of spherical elements;

10 removably placing the one spherical element in a socket of a massage tool; and  
rollably engaging a subject body with the one spherical element.

16. The method of delivering a massage of claim 15, wherein the method comprises a preliminary step of providing the plurality of spherical elements with a respective variety of physical characteristics.

15 17. The method of delivering a massage of claim 16, wherein:

the step of providing comprises providing a variety of physical characteristics by a variety of stones; and

the step of selecting comprises selecting the spherical element based on a desired physical characteristic.

18. The method of delivering a massage of claim 17, wherein the step of selecting comprises matching the one spherical element with a correlated desired effect associated with a particular stone in the variety.

19. The method of delivering a massage of claim 17, wherein the stones comprise a plurality of precious or semi precious stones.

20. The method of delivering a massage of claim 17, wherein:  
the stones are associated with a variety of astrological signs; and  
the step of selecting comprises selecting the one stone based on an associated astrological sign.

21. The method of delivering a massage of claim 15, further comprising:  
asking a prospective massage recipient one or more questions regarding one of a personal preference, characteristic, or fact;  
selecting a spherical element that correlates to the one or more answers received from the recipient; and  
engendering a desired aspect of well being to the subject by the step of rollably engaging a subject body.

22. The method of delivering a massage of claim 21, wherein the step of engendering a desired aspect of well being comprises selecting the one spherical element based on associated properties of the one spherical element that promote the aspect of well being during the step of selecting.

23. The method of delivering a massage of claim 15, further comprising removing the spherical element by a single pressing action by a digit of the user.

24. The method of delivering a massage of claim 23, wherein the step of removing comprises directly engaging a backside of the spherical element with the digit.

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